

THURSDAY, AUG. 15, 2013

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY
WWW.JACKSON.ARMY.MIL

★ POST NAMES
CAREER COUNSELOR
OF THE YEAR

— PAGE 3



**WELCOME
BACK**

TEACHERS GET READY AS
NEW SCHOOL YEAR APPROACHES

— PAGES 16-17

★ COMMUNITY SNAPSHOTS, PAGE 8 ★ CHAPEL, PAGE 18 ★ HEALTH, PAGE 19 ★ HAPPENINGS, PAGE 22 ★



ON THE COVER

Photo by WALLACE McBRIDE

Fourth-grade teachers Judy Edge, left, and Melanie Mingay get a classroom ready for students Tuesday at C. C. Pinckney Elementary School. SEE PAGES 16-17.

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY
WWW.JACKSON.ARMY.MIL

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

For display advertising rates and information call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29202. For classified advertising information only: call (800) 698-3514 or e-mail sbranham@ci-camden.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

Commanding General.....Brig. Gen. Peggy Combs
Garrison Commander.....Col. Michael S. Graese
Public Affairs Officer.....Michael B. Pond
Command Information Officer.....Joseph Monchecourt
Editor/Staff writer.....Susanne Kappler
Staff writer.....Wallace McBride

Website: www.jackson.army.mil

Facebook: www.facebook.com/FortJacksonLeader

Twitter: www.twitter.com/fortjacksonpao

Flickr: www.flickr.com/photos/fortjacksonpao/

NEWS

Activity first prong on Performance Triad

By DAVID VERGUN
Army News Servicer

FALLS CHURCH, Va. — “As an Army we must be ready and resilient,” said the Army’s surgeon general.

To achieve these goals, “we need to fully appreciate the impact that the Performance Triad has on our daily lives,” said Lt. Gen. Patricia Horoho, who is also the commander of Army Medical Command. The Performance Triad includes activity, nutrition and sleep.

Lt. Col. Scott Gregg, an Army physical therapist and expert on how physical activity affects the body, said Soldiers already understand the importance of working out to build strength and stamina. But citing work done by obesity expert Dr. James Levine, he said new studies suggest that workouts alone are not a guarantee of good health.

KEEP MOVING

For Soldiers and family members who are sitting all day in an office or driving a vehicle, a 30-minute workout, while beneficial, is not enough to keep the pounds off and stimulate the body’s metabolic engine, Gregg said, citing Levine’s work.

“The human body was just not built to sit all day,” he said, adding that there are some surprisingly simple and effective things Soldiers and their families can do to stay fit.

In addition to a daily workout, Gregg advises using the stairs whenever possible, taking a short walking break every hour, perhaps to the water fountain to rehydrate or just a quick trip around the building.

Ideally, moving around would be 10 minutes each hour, but unfortunately, that is not always possible, he said.

“The important thing is to just keep moving, ideally 10,000 steps a day, which can be measured by an inexpensive pedometer or by a smartphone app,” Gregg said.

Some Soldiers can benefit by keeping a diary of how much time they spend sitting in the office or reclining in the easy chair watching TV. He said they would be surprised at how much of the time they are sedentary.

Workouts combined with activity breaks throughout the day can contribute greatly to such things as weight loss and reducing the odds for a host of chronic diseases such as depression, diabetes, heart disease, high blood pressure, stroke and some forms of cancer.

The reverse is true for those leading a sedentary lifestyle, especially those with bad habits in the sleep and nutrition aspects of the Performance Triad, Gregg said.

People who lead a sedentary lifestyle are more apt to consume junk food and have poor sleeping habits, compounding the negative effect.

“It’s a synergistic effect,” Gregg explained.

DON’T OVERDO IT

Gregg cautioned that too much exercise can lead to overuse injuries and is something Soldiers particularly should watch for, as many are highly motivated to be in top physical shape for personal and mission goals.

Warning signs for overuse injuries include joint pain and muscle soreness.

“Some Soldiers think it’s cool to exercise until you puke,” he said. “I’ve even seen it on T-shirts. That’s definitely not cool, and it’s not healthy either.”

An ideal workout would be 150-plus minutes per week, including at least two muscle strengthening sessions involv-

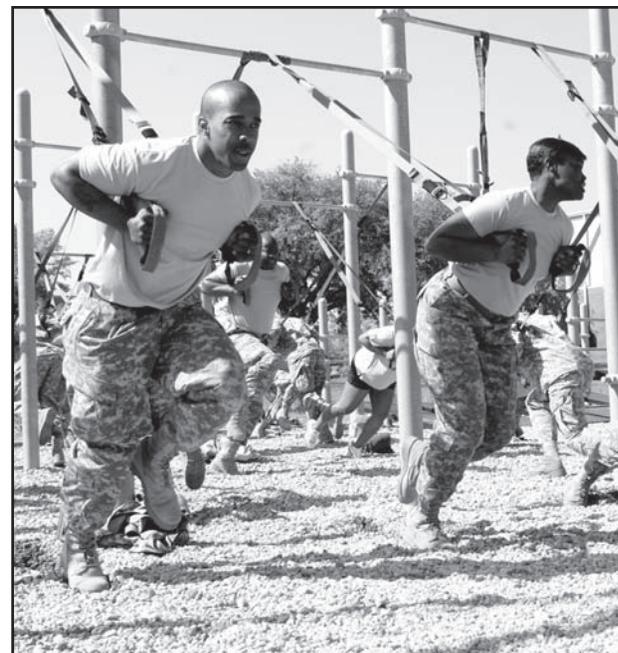


Photo by TIM HIPPS, IMCOM

Activity, along with nutrition and sleep, is part of the Army’s Performance Triad plan, designed to make Soldiers more ready and resilient.

ing all major muscle groups, he said. There should also be time set aside to warm up prior to each workout to reduce the likelihood of injury.

Another exercise principle, he said, is to gradually increase the intensity and duration of a new workout.

“The Army has a good exercise plan in its physical readiness training manual,” he said, “but I also realize many Soldiers are into other programs as well, such as CrossFit, P90X, Insanity and (Performance Triad) Pyramid.”

He cautioned Soldiers not to dive right into a new exercise without a break-in period.

Also, workouts should ideally include movements for strength, endurance, balance, agility and coordination for a holistic effect. The Performance Triad has those.

Another way to decrease the odds of injury is to wear the right gear, he said, including mouthguards and other devices for use in Combatives training, as well as good running shoes.

Finally, Soldiers experiencing pain or acute muscle soreness should seek treatment, said Gregg. Small problems can lead to bigger ones requiring a profile or hospitalization.

Soldiers who do end up on profile should, nonetheless, remain active, he said.

“Commanders tell me they want their Soldiers on profile to get back in shape as this is a unit readiness issue,” he said.

Army physical and occupational therapists and others routinely work with Soldiers, designing workouts that rehabilitate injuries and maintain conditioning so that their profile period is shortened and so that they don’t need as much time to get to full recovery once they are off profile, he said.

While it is the responsibility of every Soldier to ensure he or she is physically fit, it is the responsibility of leadership to ensure Soldiers are working out correctly, he said.

The activity portion of the Performance Triad empowers leaders to engage their Soldiers in effective physical training that minimizes injury risk.

Editor’s Note: This is the first part of three-part series about the Army’s “Performance Triad,” which includes activity, nutrition and sleep.

Post selects top career counselors

By WALLACE McBRIDE
Fort Jackson Leader

Sgt. 1st Class Derek Yazzie was named Fort Jackson's Career Counselor of the Year last week.

Career counselors help manage retention and re-enlistment interviews, review re-enlistment and extension documents for accuracy, and advise command on all areas of the retention program. Counselors also mentor Soldiers and family members regarding benefits, programs and opportunities. They function as personal agents on behalf of commanders and the Department of the Army through the Army Retention Program.

All Soldiers have a career counselor available to them who can usually be found at the battalion levels and above.

"Once you've met the Army's and the Soldiers' needs, it's always a great thing," said Yazzie, of the 193rd Infantry Brigade. "We're trying to maintain the Army's force with the best-qualified Soldiers."

Competitors for the installation Career Counselor of the Year have to be recommended by their chain of command up through at least the brigade level, said Sgt. Maj. Mark Mayo, installation command career counselor.

"When they come to installation level, we look at their overall knowledge, based on the written examination we give them and their Army Physical Fitness Test scores," he said. "They also do an installation board appearance where we quiz them on areas related to retention and current events."

Staff Sgt. Timothy Yarbrough was runner-up for the installation Career Counselor of Year.

"Our job is to take care of Soldiers' careers, help them with career progression, help them with reclassification and, of course, re-enlistment," said Yarbrough, a career counselor with the Soldier Support Institute. "The career counselor does career management for all enlisted Soldiers. The most challenging part of the job is making sure



Photo by WALLACE McBRIDE

Sgt. 1st Class Derek Yazzie, right, was named Fort Jackson's Career Counselor of the Year last week. Staff Sgt. Timothy Yarbrough was the runner-up. Yazzie will represent Fort Jackson via video teleconference in the TRADOC competition Sept. 5.

we take what the Army needs and what the Soldier needs and make those two meet. We can't always give the Soldier what he or she wants. We need to take what the Army needs and match it with what the Soldier needs."

"Anytime you compete against your peers, you're setting yourself up for failure," Mayo said. "There can only

be one winner. It takes a lot of personal courage to compete, which is one of the Army's core values."

Yazzie moves on to the TRADOC Career Counselor of the Year board Sept. 5, which will be conducted via video teleconference.

Milton.W.McBride3.ctr@mail.mil

Fort Jackson Gate Hours (effective Aug. 18)

Gate 1	5 a.m. to 1 p.m.	inbound and outbound traffic, Monday through Friday
	3:30 to 6 p.m.	outbound traffic, Monday through Friday
	Closed	weekends
Gate 2	Around the clock, seven days a week Commercial traffic on weekends only.	
Gate 4	5 a.m. to 8 p.m.	Monday through Friday
	Closed	weekends
	Commercial traffic must use Gate 4 on weekdays.	
Gate 5	5 a.m. to 1 p.m.	inbound and outbound traffic, Monday through Friday
	3:30 to 6 p.m.	outbound traffic, Monday through Friday
	5 a.m. to 8 p.m.	inbound and outbound traffic, weekends



NEWS



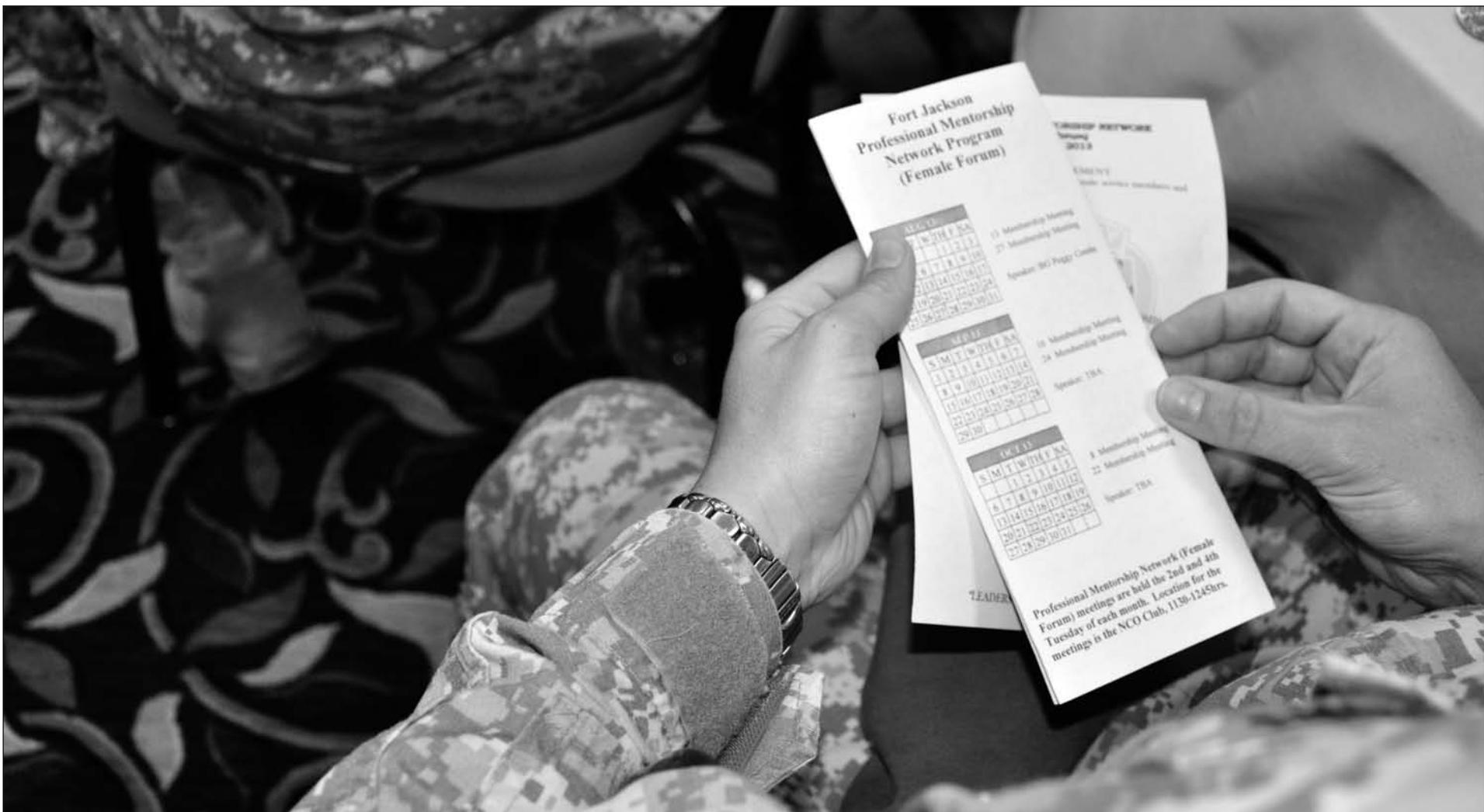
LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Aug. 29 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Aug. 29 Leader must be submitted by Aug. 22.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



Photos by JULIA SIMPKINS, U.S. Army Chaplain Center and School

The U.S. Army Chaplain Center and School organized a female forum of the Commanding General's Professional Mentorship Network meeting on Tuesday.

'We're all learning together'

Chaplain School hosts forum on professional mentorship for women



Brig. Gen. Peggy Combs, Fort Jackson's commanding general, addresses the audience at the NCO Club's ballroom during Tuesday's event.

By JULIA SIMPKINS
U.S. Army Chaplain Center and School

Organizers from the U.S. Army Chaplain Center and School did not anticipate the crowd of 175 people who packed the NCO Club's ballroom for the first female forum of the Commanding General's Professional Mentorship Network meeting.

Amid hustling club staff, Soldiers, officers, civilians and military leaders kept coming to hear the Brig. Gen. Peggy Combs, Fort Jackson's commanding general, speak about empowerment and teamwork for Soldiers and civilians during Tuesday's lunchtime.

While audience members ate, Combs told a story about her introduction to the Army, when in her first official counseling she was discouraged by an officer who told her she would never be taken seriously because she was, "too happy." The officer giving the counseling suggested that she put rocks in her boots so the suffering would take the smile off her face and the bounce from her step.

"I went back to my BOQ (bachelor officers' quarters) and cried for 12 hours," Combs said.

Determined to be the best officer she could, and following the toxic advice, at her first duty station at Fort Hood, Texas, Combs did put rocks in her boots and she did suffer.

"I was STRAC (Strategic, tough and ready around the clock). I was toeing the line," she said. "After about three weeks, some of the NCOs I worked with took me

outside for a 'smoke break.' It was like an intervention. They asked me what was wrong with me and told me that whatever I had going on wasn't working. I told them about the counseling ... after they emptied my boots they told me that the key to great leadership was to be yourself. They taught me to be proud of who I was."

Combs said she was excited about the mentorship program.

"Mentorship is key to building trust and respect in an organization. I'd like to see more forums — for males, single parents — to assist in networking and development."

One of the program's senior mentors, Col. Angela Odom, deputy commanding officer, Soldier Support Institute, said she envisions this program as a way to foster collaboration and communication among ranks. She said she was excited about the opportunities older Soldiers would have to learn from younger Soldiers, especially with new technology and social trends.

"I foresee a forum where women of all ranks can collaborate. We're all learning together. This program encompasses more communication and understanding and more confident and competent leaders," Odom said. "The access it provides (during forums) is available with support from command teams around the post."

First Lt. Jacquia Robinson, the company executive officer for USACHCS, helped organize the event.

"We are coming together as a team," she said. "That means enlisted and officers. Instead of many missions, we can have one mission — to protect and serve the people of the United States of America."

Muslim Soldiers celebrate Eid al-Fitr

By WALLACE McBRIDE

Fort Jackson Leader

Soldiers at Fort Jackson celebrated Eid al-Fitr last week, an event that marks the end of the monthlong fast of Ramadan and the start of a feast that lasts up to three days in some countries.

At Fort Jackson, the celebration is much more modest.

About a dozen men and women, most of whom are in Basic Combat Training, gathered last Thursday in a small classroom at the Main Post Chapel for prayer. Afterward, they joined each other for a meal, bringing an end to the fasting of Ramadan.

Ramadan is one of the Five Pillars of Islam, the framework of the Muslim life.

“In Muslim countries, it’s a huge ceremony,” said Spc. Aziz Shansab, of the 120th Adjutant General Battalion (Reception). “But here, we’re just a few people, because some are participating in training and can’t come. But it’s really important for us.”

During the 30 days prior to Eid al-Fitr, Muslims are discouraged from eating and drinking during the daylight hours, a custom with some flexibility, said Omar Shaheed, the imam who led last week’s prayer service.

“The celebration of Eid culminates a month of fasting, wherein the faithful have spent their time praying and beseeching God for forgiveness and mercy,” Shaheed said. “In basic training, you might not have been able to fast every day like you wanted to. But the rule for that is that you have a whole year to make up the things that you missed. Remember — the fasting benefits the one who’s fasting.”

During the prayer service, a new Soldier with several weeks left to go in Basic Combat Training declined to pray, at first.

“I don’t know how to pray,” he told the group.

Away from home for the first time, he said his thoughts were on his family.

The others encouraged him to join in, telling the Soldier he would learn quickly.



Photos by WALLACE McBRIDE

Fort Jackson Soldiers celebrate Eid al-Fitr Aug. 8 at the Main Post Chapel. Eid al-Fitr marks the end of Ramadan, the Muslim holy month during which believers are encouraged to fast throughout the day. Above, Omar Shaheed, a local imam, leads the Soldiers in prayer.

“Eid is a time when the entire Muslim community comes together to share in each other’s joys and blessings, and to lessen the burden of those who may be suffering,” Shaheed told last week’s prayer group. “Because, as be-

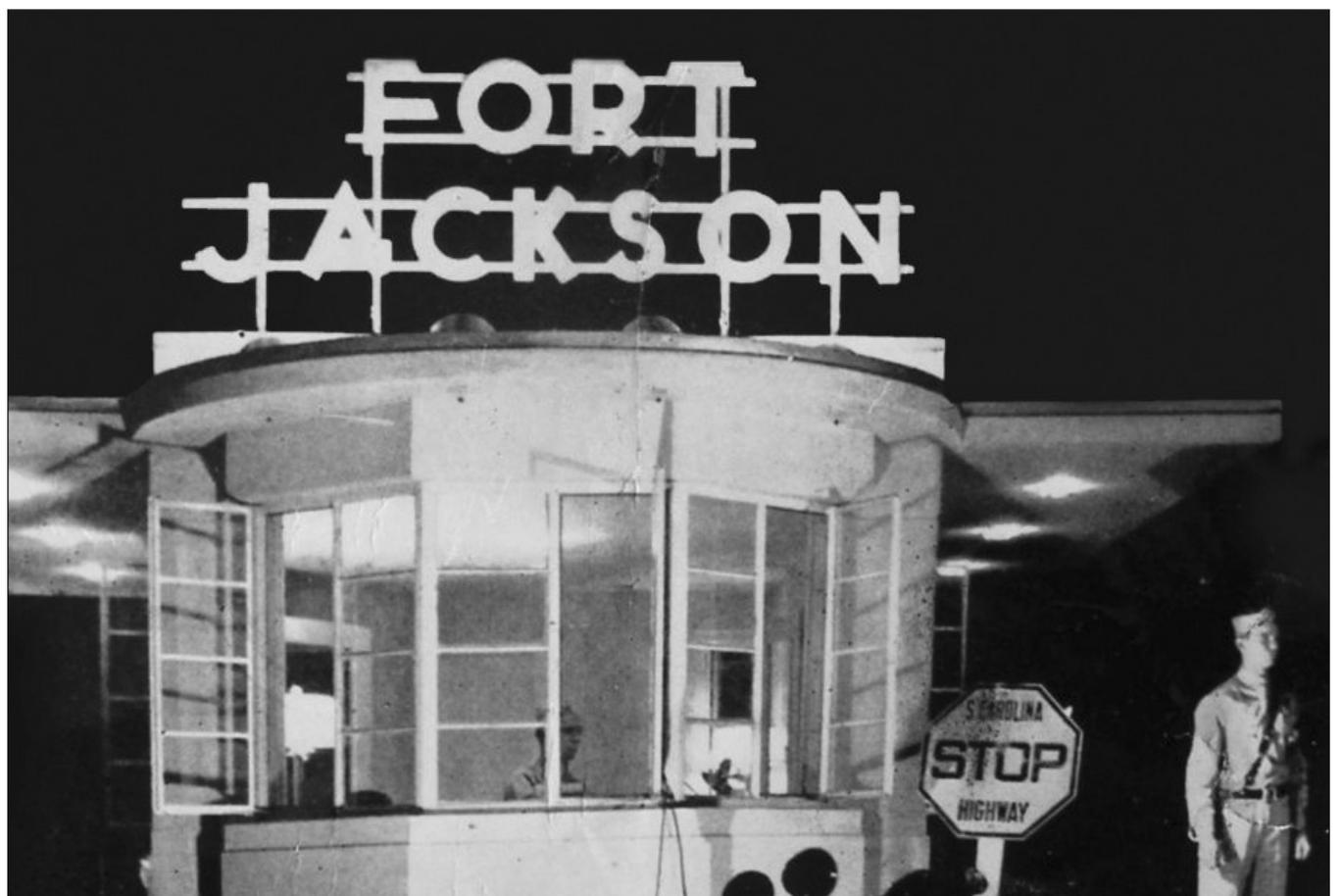
lievers, we seek God’s forgiveness for our sins ... the sins we’ve done knowingly, and the sins we’ve done unknowingly.”

Milton.W.McBride3.ctr@mail.mil

This week in history

On Aug. 15, 1940, Camp Jackson officially became Fort Jackson. In preparation for World War II, troops had returned to Camp Jackson in October 1939 to begin training, and new buildings were constructed to support their mission. After Camp Jackson was designated the home station of the 8th Division in July 1940, George C. Marshall, chief of staff of the Army, issued General Order #7, which brought Camp Jackson under federal control and made the installation a permanent base. The order read, “Announcing a permanent military post at Camp Jackson. The reservation, known as Camp Jackson, will hereafter be known as Fort Jackson, with post office address Fort Jackson, SC. Signed/George C. Marshall, Chief of Staff, By Order of the Secretary of War.”

Photo courtesy of the Basic Combat Training Museum





Yard of the Month

Courtesy photo

The Yard of the Month winner for August is the Tuionetoa family. Col. Michael Graese, left, garrison commander and Garrison Command Sgt. Maj. Ernest Lee, right present a certificate of appreciation to Malia Tuionetoa, wife of Staff Sgt. Maaka Tuionetoa, Company B, 3rd Battalion, 34th Infantry Regiment. Also pictured, from left, are the family's children Olivia, 3, Ipupapi, 2 and Tauate, 4. The Tuionetoa family also received reserved parking at the Exchange and Commissary for the month, dinner coupons and movie passes, and a \$50 gift card.



Photo by DOUGAL BROWNLIE, Brooks Institute

Houston competes in games

Col. Jamie Houston, Fort Jackson DENTAC commander, competes in the National Senior Games in Streetsboro, Ohio. Houston advanced to the semifinals in his age group.



Photo by DAVID SHANES, command photographer

Wilson addresses graduates

U.S. Rep. Joe Wilson, R-S.C., addresses Soldiers during the 187th Ordnance Battalion graduation ceremony Aug. 8 at Anderson Chapel. The 187th provides Advanced Individual Training for wheeled vehicle mechanics.

News and Notes

FORT JACKSON CHANGE OF COMMAND

Fort Jackson's Change of Command ceremony is scheduled for 9 a.m., Aug. 27 at the Officers' Club. Brig. Gen. Bradley Becker will assume command of the Army Training Center and Fort Jackson. Becker currently serves as the assistant deputy director for joint training, J-7 on the Joint Staff.

SSI CHANGE OF COMMAND

A Change of Command ceremony for the Soldier Support Institute is scheduled for 8 a.m., Aug. 22 at the SSI Auditorium. Col. (Promotable) Paul Chamberlain will assume command of the SSI. Chamberlain currently serves as the acting director, Operations and Support, Office of the Assistant Secretary of the Army (Financial Management and Comptroller).

COMMISSARY OPENING TUESDAYS

The Fort Jackson Commissary will reopen on Tuesdays from 9 a.m. to 8 p.m., beginning Aug. 20.

WOMEN'S EQUALITY DAY

Fort Jackson will celebrate Women's Equality Day with a luncheon from 11:15 a.m. to 1 p.m., Tuesday at the Officers' Club. The guest speaker will be Jennifer Miller, a licensed behavioral health therapist and former Soldier. For tickets, see your unit equal opportunity NCO or call 751-6213.

CONSUMER CONFIDENCE REPORT

Copies of the Palmetto State Utility Services, Inc., Consumer Confidence Report are available at the following locations: The Commissary, the Directorate of Public Works, Main PX, Mini-Mall, Palmetto State Utility Services, Post Office, Express – Gate 1, Express – Gate 2, the Strom Thurmond Building and the Welcome Center.

LEGAL NOTICE

Anyone with debts owed to or by the estate of Sgt. 1st Class Melvin R. Kinard should contact Capt. Virginia B. Bailey, the summary court officer for the Soldier. Kinard passed away Aug. 2 in Columbia. To contact Bailey, call 751-3153 or email virginia.b.bailey3.mil@mail.mil.



Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>



Courtesy photo

Col. Terrence Murrill, left, commandant of the Recruiting and Retention School, presents certificates to the participants of the Local Workforce Investment Act program. The program placed recent high-school graduates at the RRS for six weeks to gain experience in the workforce.

High school graduates help train future Army recruiters

By **KEITH CLINE**

Recruiting and Retention School

Every year during the early summer, thousands of high school graduates pass their first significant hurdle in life by earning their diplomas. For four Columbia high school graduates, the Recruiting and Retention School was one of their first steps into the workforce and into the Army experience.

Chamondra Pickett, Shayna Joe, Breyonia Evans and Marie Guinyard's participation in South Carolina's Local Workforce Investment Act, or LWIA, brought them to the school for six weeks working as role players. The LWIA prepares young adults for the workforce in the Midlands area and provide a six-week summer work experience opportunity to recent high school graduates.

Based on the Army Learning Model facilitation style, the four participants added a layer of realism to the Army Recruiter Course, Center Commander Course and the Guidance Counselor/Operations Course training environments acting as applicants and future Soldiers. They represented the available qualified market for recruiters, and — because of their lack of Army knowledge — were effective in helping RRS students experience multiple scenarios.

During their six weeks at the RRS, the LWIA participants were integrated into a variety of scenarios to im-

prove recruiting center operations and Military Entrance Processing Station operations simulated in the RRS classrooms. They assisted the Guidance Counselor/Operations Course as applicants during the GCOC students' counselor exercises. The participants not only had an extremely positive effect on the training environment, they also learned a few things themselves about maintaining a positive attitude, setting and achieving goals and commitment.

"I learned that my attitude determines my altitude," Pickett said.

All four said they viewed their LWIA work opportunity with the RRS as a great learning experience and helpful as they start their post secondary education.

Pickett took the experience to the next level by enlisting as an Army Automated Logistic Specialist with the airborne option while in the program.

The six-week program was deemed a success by both the RRS and the participants.

"We never imagined how big a role (the LWIA participants) would play in the students' learning process and how the LWIA employees would benefit from their six-week experience at the RRS," said Donald Copley, director of training at the RRS. "It is partnerships like this that can benefit both the community at large and the RRS by providing a service that will transform our younger generation into positive, educated and model citizens, while reinforcing our training at the RRS."

Westphal visits TRADOC, talks budget

By AIRMAN 1ST CLASS AUSTIN HARVILL
633rd Air Base Wing

FORT EUSTIS, Va. — Under Secretary of the Army Joseph Westphal visited Fort Eustis, Va., Aug. 7 to get an update on TRADOC missions and speak with leaders about the future of the Army.

During his visit to the 128th Aviation Brigade to view aviation maintenance training, Westphal reflected on the fiscal environment of the Army, why there needs to be a change and how the Army plans to move forward with these new challenges.

“It is a serious challenge to all the services, not just the Army, to provide for a people-centric organization,” Westphal said. “We are working through myriad scenarios to reshape the force, find efficiency and look for ways to do things differently both as a joint force and certainly as an army.”

Westphal expressed his confidence in TRADOC to move the Army in the right direction.

“We are reshaping the future of the Army, and this command is key to that,” said Westphal. “(TRADOC) is diligently working to shape the Army of the future. It is an intellectual challenge and it requires innovation and creativity; all of which they have here.”

More specifically, Westphal praised the efforts of Gen. Robert Cone, TRADOC’s commander.

“Having confidence in TRADOC’s work allows us to give them the flexibility and resources to do the creative thinking for us concerning requirements, leadership development and training,” Westphal said. “Those faculties then become the lynchpins for every other operation in the Army. Focusing resources in the right direction is what TRADOC will help us achieve.”

TRADOC and the Army budget are not the only things on Westphal’s mind, however. He spoke more on the effect of civilian furloughs, its ineffective nature and the problematic budget issues.

“We have always had an incredibly strong faith in our civilian workforce,” Westphal said. “This furlough situation is something very negative, and an ineffective way to deal with the future ahead.”

Westphal followed with assurances that the secretary of defense noticed this shortfall and has put substantial efforts into finding a way to pull back from further furloughs. Westphal said measures have been taken to evenly disperse De-



Photo by STAFF SGT. BERNARDO FULLER, TRADOC

Under Secretary of the Army Joseph Westphal, sits next to Gen. Robert Cone, commanding general of TRADOC, Aug. 7 during a series of briefings at Fort Eustis, Va., by TRADOC leaders on the command’s latest initiatives with developing the future force.

partment of Defense spending across the services.

“We are in the throes of a fiscal dilemma. There was a point where the Army was projected to run out of money by the end of the fiscal year due to our major contribution to the mission in Afghanistan,” Westphal said. “Thanks to the secretary of defense, Congress allowed us to redistribute defense spending more evenly to solve the problem.”

Regardless of Congress’ decision, Westphal still believes the number-one influence on stopping furloughs comes from each individual base.

“We went to all our commanders everywhere and said they need to do everything possible to shift as much to next year, which has given back a few days of furloughs,” Westphal said. “Our next job is to accept this (furloughs) is not the right tool, and to find other ways to solve the budget issue and not let this happen again.”

Westphal added that the president’s plans have extended the budget cuts over a longer period of time, which reduces the severity of the cuts each year and allows the natural rate of attrition for the Army to decrease the total force. Westphal hopes this means fewer furlough days or other negative responses from cropping up in the future.

Westphal concluded with sharing his appreciation for all civil servants, and his faith in the Army.

“Public service, uniformed or not, is an honorable profession, and I think we are blessed to have so many people who are willing to sacrifice by putting their life on the line and providing service to the American people,” Westphal said. “We have a tremendous tradition of great productivity, and I think we are going to rely more on TRADOC, our civilians and the rest of the total force to weather the effects of sequestration.”

Veterans may get retroactive benefits

By PHIL BUDAHN
Army News Service

WASHINGTON — Veterans filing an original “fully developed claim” for service-connected disability compensation may now be entitled to up to one year of retroactive disability benefits.

The retroactive benefits, in effect Aug. 6, 2013 through Aug. 5, 2015, are the result of a comprehensive legislative package passed by Congress and signed into law by President Obama last year.

“(The) VA strongly encourages veterans to work with veterans service organizations to file fully developed claims and participate in this initiative,” said Allison Hickey, under secretary for benefits. “It means more money in eligible veterans’ pockets, simply by providing VA the information it needs up front. At the same time, it helps reduce the inventory of pending claims by speeding the process.”

Filing a fully developed claim, or FDC, is typically the fastest way for veterans to receive a decision on their claims because fully developed claims require veterans to provide all supporting evidence in their

possession when they submit their claims.

Often, this is evidence that VA legally must attempt to collect on the veteran’s behalf, which is already in the veteran’s possession, or is evidence the veteran could easily obtain, such as private treatment records.

When veterans submit such evidence with their claims, it significantly reduces the amount of time VA spends gathering evidence from them or other sources, often the longest part of the claims process.

While VA will still make efforts to obtain federal records on the veterans’ behalf, the submission of non-federal records, and any additional federal records the veteran may have, with the claim allows VA to issue a decision to the veteran more quickly. Typically, VA processes FDCs in half the time it takes for a traditionally filed claim.

FDCs can be filed digitally through the joint, DOD-VA online portal, eBenefits. That website is located at www.ebenefits.va.gov. The VA encourages veterans who cannot file online to work with an accredited veterans service organization who can file claims digitally on a veteran’s behalf.

While submitting an FDC provides a faster decision for any compensation or pension claim, only veterans who are submitting their very first compensation claim as an FDC are potentially eligible for up to one-year of retroactive disability benefits under the newly implemented law.

FDCs help eliminate VA’s claims backlog because they increase production of claims decisions and decrease waiting times. Also, VA assigns FDCs a higher priority than other claims which means veterans receive decisions to their claim faster than traditional claims.

The VA continues to prioritize other specific categories of claims, including those of seriously wounded, terminally ill, Medal of Honor recipients, former prisoners of war, the homeless and those experiencing extreme financial hardship. As part of its drive to eliminate the claims backlog in 2015, the VA also gives a priority to claims more than a year old.

In May, the VA announced a new partnership with veterans service organizations and others known as the “community of practice.” The effort seeks to reduce the compensation claims backlog for veterans

by increasing the number of FDCs filed by veterans and their advocates.

The VA is continuing to implement several initiatives to meet the Department’s goal of eliminate the claims backlog in 2015. In May, the VA announced that it was mandating overtime for claims processors in its 56 regional benefits offices to increase production of compensation claims decisions through the end of fiscal year 2013.

In April, the VA launched an initiative to expedite disability compensation claims decisions for veterans who have a waited a year or longer

As a result of these initiatives, the VA’s total claims inventory remains at lower levels not seen since August 2011. The number of claims in the VA backlog, claims pending over 125 days, has been reduced by 17 percent compared to the highest point in March 2013.

Veterans can learn more about disability benefits on the joint DOD-VA web portal, eBenefits, which is located at www.ebenefits.va.gov. They can learn more about the FDC program at www.benefits.va.gov/fdc.

NOTES ON THE NEW SCHOOL YEAR

FURLOUGHS

Federal furloughs were expected to extend through the summer and into the new school year. Last week, though, Defense Secretary Chuck Hagel announced the 11 planned furlough days had been reduced to six days, which brings them to an end before the start of the school year. Consequently, they won't have an impact on student schedules in the 2013-14 school year.

CALENDAR

- Tuesday**
Meet and Greet at each school 3 to 5 p.m.
- Wednesday**
First day for students K-6
- AUG. 21-27** Kindergarten: 7:55 - 11:30 a.m.
- AUG. 21 through SEPT. 27** PreK home visits
- AUG. 28** Kindergarten full day begins
- SEPT. 2** No school — Labor Day
- SEPT. 5** PreK/PSCD begins school

SCHEDULE AND SCHOOL HOURS

- Monday, Tuesday, Wednesday, Friday**
- School starts for grades K-2 at 8 a.m.
- First bell: 7:55 a.m.
- Tardy bell: 8 a.m.
- School dismissal for grades K-2: 2:45 p.m.
- School start and dismissal for PreK — mornings: 8 to 10:35 a.m. School start and dismissal for PreK — afternoons: 12:10 to 2:45 p.m.

Thursdays

- School starts for grades K-2 at 8 a.m.
- First bell: 7:55 a.m.
- Tardy bell: 8 a.m.
- School dismissal for grades K-2 at 1:30 p.m.
- School start and dismissal for PreK — mornings: 8 to 10:10 a.m.
- School start and dismissal for PreK — afternoons: 11:20 a.m. to 1:30 p.m.
- Thursdays are early release days

Source: www.am.dodea.edu/jackson/Fjpt/index.htm



Fort Jackson schools open to students Wednesday, but some teachers and staff began work this week in preparation for the new school year. Above left, third-grade teacher Paula Favor straightens student desks at C. C. Pinckney Elementary, while Amanda Hammond prepares course material for first-grade students, center. Right, Lead Custodian Frank Morant arranges couches at the library at Pierce Terrace Elementary. 'There's a lot of prep time, even during the year,' said Judy Edge, a fourth-grade teacher at C. C. Pinckney Elementary.

Photos by WALLACE McBRIDE

Teachers prepare for new school year

By WALLACE McBRIDE
Fort Jackson Leader

The new school year on Fort Jackson won't begin until Wednesday, but that didn't stop some teachers from moving into their classrooms a week early.

Summer maintenance had left many of their rooms in shambles. Tables and desks were pushed to the middle of classrooms — or out of classrooms entirely — as floors were washed and waxed. Some bookshelves were temporarily relocated as walls were painted, and a few halls were still blocked off Tuesday until maintenance work was completed.

"The biggest thing is getting the building ready and clean to receive teachers and students," said Brian Perry, Pierce Terrace Elementary School principal. "A lot of times they have to move the furniture (for maintenance) and that's difficult to do during the school year."

Students arriving next week at C.C. Pinckney Elementary will see a few changes to the school's auditorium and gym.

Principal Annie Crandle said renovation projects begun last school year have been completed, and will provide improved acoustics to both facilities.

"It's a dream," Crandle said. "We have a new lighting system in the auditorium, we have a new sound system. We have all the perks of 21st century technology."

Fort Jackson is home to two elementary schools supporting children of military personnel living on Fort Jackson. Pierce Terrace Elementary educates the youngest students, children in pre-kindergarten through first grade. C.C. Pinckney educates students from grades two through six.

For Paula Favor, a third-grade teacher at C.C. Pinckney Elementary School, showing up early for work is a matter of getting her classroom in order before students arrive.

"My books need to be in certain places, and I need make sure I have enough supplies to start the year off," said Favor, as she readied her classroom Tuesday for new students.

Teachers weren't expected to be begin work until Aug. 15, but Favor wanted to get a jump on the new year. It's her first time teaching third grade, and she says she's excited about it.

"I'd like to get it all done and not wait until we're supposed to go back," Favor said. "Some teachers can wait that long, but not me. I like to have a plan."

Tomica Hoffer-Bynum, a first-grade teacher at Pierce Terrace Elementary, said it's important to have classrooms ready for students before they arrive. The first few days of a new school year are devoted to "creating a community of learners," a goal that should not be delayed.

"After that first week, students understand how things are supposed to be done," Hoffer-Bynum said. "And they have expectations of you, as well. We come up with the rules together. It gives them ownership of the rules, and they help make sure that everyone is doing what they're supposed to be doing."

Melanie Mingay and Judy Edge, fourth-grade teachers at C.C. Pinckney Elementary School, were among those to report to work early this week. Because of summer maintenance, the two were working to restore a classroom to order, but they had their work cut out for them. Furniture, books and other school materials were stacked in piles around the room.

"There are lots of things that have to be done," Mingay said.

In addition to putting books back on their shelves, the desks have to be arranged in a way that all students can see the electronic whiteboards. Back-up plans also have to be prepared for class activities throughout the year. Although technology creates more learning opportunities for students, Mingay said it also creates opportunities for problems.

For example, nobody has ever had to reboot a chalk board. Education doesn't stop because the computers go down, meaning teachers have to have been prepared for problems at any point during the year.

"There's a lot of prep time, even during the year," Edge said. "You've got to know what you're doing."

"I need a solid four or five days to prepare," Hoffer-Bynum said. "I come in before we're officially supposed to be here. Sometimes teachers can do it in one or two days. It depends on how long you've been doing it, and how much stuff you have to prepare in advance."

For some teachers, though, arriving for work early is a meditative experience.

"Coming in early helps us to get inspired," said Patricia

Cleveland, a math instructional support teacher at Pierce Terrace Elementary. "It gives you time for reflection."

"There's nothing like being in the environment to really get inspired for the next school year," said Dea Wages, a kindergarten teacher at Pierce Terrace Elementary. "And there's so much to do. When they do the floors, they throw all of your stuff in the hallway and you've got to put it back together. And that takes a while. It's all about preparing the classroom environment."

Although Wages isn't the oldest teacher on staff on Fort Jackson, it's possible she has the longest connection to the school system.

"I actually saw this school being built," said Wages, now in her 36th year of teaching on Fort Jackson. "My dad was in the military, and we came here from Fort Campbell, Ky. Believe it or not, I came down here with my siblings and saw them laying the ground for this school when I was a teenager. I never believed I'd be working at the school that I saw being built as a 17-year-old."

Milton.W.McBride3.ctr@mail.mil

CMYK

CMYK

27" WEB-100

What are God's expectations for you?

By **CHAPLAIN (MAJ.) DAVID CROMEENES**
U.S. Army Chaplain Center and School

How is the back-to-school shopping going?

I took my 17-year-old daughter out to look for a cheap run-around car so her mom could get a break from being a taxi service during her junior year. Well, instead of coming home with a reasonable, affordable "hoopy," we came home with a reasonable, affordable new VW Bug.

Now, how did that happen? Back-to-school shopping syndrome, that's how.

I expected to be reasonable with my daughter's expectation of wishing she had her own car, my wife's expectation of wanting to ease the wear and tear of our family vehicle — and the wear and tear on her personal schedule — and my expectation of not wanting to spend a lot of money and still meeting everyone's expectations.

What I did not take into consideration was the car salesman's expectation of increasing the number of new cars sold to vulnerable dads taking their teenage daughters out for back-to-school shopping.

Solomon wrote, "Trust in the Lord with all your heart, and do not rely on your own understanding; acknowledge him in all your ways and he will direct your path." God expects us to trust him with our lives, and allow him to direct our paths. Too often, we get in the way of God's greater desires and expectations for our lives by focusing on what we think is good or right, which is usually moti-



vated by selfish desires.

Today, before you make any significant decisions, compare your expectations with what you think God's

expectations are for you. Then, when you go out for a back-to-school shopping spree, you will come home with what's best, instead of what's just good.



PROTESTANT

- Sunday
 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 9:30 a.m. Hispanic, Post Theater
 9:30 a.m. Main Post Chapel
 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 10:45 a.m. Sunday school, Main Post Chapel
 11 a.m. Memorial Chapel
 11 a.m. Chapel Next, Bayonet Chapel

Protestant Bible Study

- Tuesday
 9 to 11:30 a.m. Women's Bible study (PWOC); summer meetings on July 9 and 23 and Aug. 6 at Patriot Park next to Palmetto Falls Water Park
- Wednesday
 6 p.m. Gospel prayer service, Daniel Circle Chapel

- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Thursday
 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

Protestant Youth of the Chapel

- Saturday
 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)
- Sunday
 5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

CATHOLIC

- Monday through Thursday
 11:30 a.m. Mass, Main Post Chapel
- Sunday
 8 a.m. IET Mass, Solomon Center
 9:30 a.m. CCD (September through May), Education Center
 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 11 a.m. Mass (Main Post Chapel)
 12:30 p.m. Catholic youth ministry, Main Post Chapel
- Wednesday
 7 p.m. Rosary, Main Post Chapel

- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
 9:30 to 10:30 a.m. Worship service, Memorial Chapel
 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

- Sunday
 11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
 9:30 to 11 a.m. Anderson Street Chapel
- Wednesday
 3 to 5 p.m. LDS family social, Anderson Street

- Chapel
- Wednesday
 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
 2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
 9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
 3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
 4581 Scales Ave.
- Chaplain Family Life Center**
 5460 Marion Ave (to the side of the POV lot), 751-4961
- Magruder Chapel**
 4360 Magruder Ave., 751-3883
- Main Post Chapel**
 4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
 3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
 4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
 1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
 4475 Gregg St., 751-3121/6318



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao. Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

Vision screenings don't replace eye exams

By **ROBERT N. KANG**

U.S. Army Public Health Command

According to the National Eye Institute, vision disorders are the most common handicapping conditions in childhood in the United States. Yet, fewer than 15 percent of all preschool children receive an eye examination. Also, studies have shown that preschool vision screenings reduce vision disorders among school-age children.

For these reasons, many primary care and pediatric clinics as well as schools provide vision screenings. The purpose of vision screenings is to identify children who would benefit from a comprehensive eye examination. But how effective are these screenings in identifying those children? And, as a parent can you trust the vision screenings or should you take your preschooler for an eye examination regardless?

A large clinical study on preschoolers conducted by the NEI found that specially trained nurses and lay people were as effective in vision screenings as licensed eye care professionals. Importantly, however, the results depended on the specific tests and equipment used as well as the specific vision condition being tested. This study clearly showed the value of vision screening when properly done but also showed some of its limitations. So, what should a parent do?

The chairperson of the NEI study recommends that parents "question which eye problems are being screened for, the accuracy of the tests..." and, more importantly, that "parents should be aware that vision screening programs do not substitute for a comprehensive eye examination by a licensed eye care professional."

The American Optometric Association recommends eye examinations for infants and children at 6 months and 3 years of age. For school age children, eye examination



Photo illustration by METRO CREATIVE GRAPHICS

Regular eye exams are an important part of children's health care.

is recommended before first grade and every two years thereafter. Of course, infants at higher risks, for example from family history, should have an examination as soon as medically practicable. Similarly, children with symptoms or higher risks should also be examined more frequently.

It is estimated that up to 5 percent of 3 to 5 year olds have amblyopia or "lazy eye," and about 4 percent have strabismus or "squint" where one of the eyes is not aligned straight with the other eye. Also, 10 to 15 percent of children have significant refractive errors needing correction

with eyeglasses. Overall, 15 percent of children have an eye or vision problem that, if not corrected, can result in reduced vision. Eye examinations during the early years of any child's development are a must.

Vision problems do not usually hurt and children do not know how well they should be seeing. Vision screenings may be very valuable in identifying children with potential eye and vision problems. However, until much more accurate and effective screening tests and equipment become available, parents should be aware that vision screenings do not replace the need for eye examinations.



Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor



It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.

Calendar

Today

Combined Federal Campaign training
9 a.m. to noon, Joe E. Mann Center
CFC training for unit coordinators, key personnel and post staff. For more information, call 751-6412.

Today

Adjutant General's Corps Regimental Association, Carolina Chapter breakfast
7 to 8:30 a.m., NCO Club
The guest speaker will be Lt. Col. James Galluzzo, AG proponent, Soldier Support Institute. For more information and tickets, call 751-3014/8301.

Wednesday

Shred day
9 a.m. to 1 p.m., Recycling Center
For more information, call 751-4208.

Tuesday, Aug. 27

Victory Spouses' Club membership drive
11 a.m. to 2 p.m., Balfour Beatty Community Center

Wednesday, Sept. 11

9/11 wreath laying ceremony
9:30 a.m., Post Headquarters

Wednesday, Sept. 11

American Society of Military Comptrollers, Palmetto Chapter meeting
11:30 a.m. to 1 p.m., NCO Club

Announcements

165TH LIGHTNING CHALLENGE

The 165th Infantry Brigade Summer 2013 Lightning Challenge is scheduled for 6 a.m., Aug. 23. The challenge features teams of officers from each battalion who will compete against each other in a series of events. A barbecue for family members is scheduled for 1 p.m. at Weston Lake.

TRASH AT C.C. PINCKNEY

The trash areas at C.C. Pinckney Elementary School may not be used by residents for the disposal of furniture or other large items.

RED CROSS VOLUNTEERS

The Fort Jackson Red Cross is accepting applications for the School Year VolunTEEN program. The program runs September through May. Applicants must be at least 12 years old. VolunTEENS must be able to commit to one evening meeting monthly and a monthly service project, usually during one weekend day. An adult volunteer willing to assist the youth chair is also needed. For more information, call 751-4329.

COMMUNITY CALENDAR

The Fort Jackson Community Calendar provides easy access to current community events. To view the calendar, visit www.jackson.army.mil and click on the

Fort Jackson Community Calendar link on the left side of the page under "Jackson links." The calendar lists community information for the following agencies: Directorate of Human Resources Command; Directorate of Family and Morale, Welfare and Recreation; Army Community Services; Chapel; AAFES; Housing; Fort Jackson schools; Moncrief Army Community Hospital; DENTAC; and Directorate of Emergency Services.

ID CARD OFFICE HOURS

The ID card office is operating on an appointment-only basis from 9:45 a.m. to 4:45 p.m., Monday through Friday. Walk-in hours are from 8 to 9:30 a.m., Monday through Friday. Soldiers in training will not be required to make appointments. To schedule an appointment, visit <https://rapids-appointments.dmdc.osd.mil>. Customers who need to enroll in or update DEERS, reset personal identification numbers or complete DD Form 1172-2 do not need an appointment. For more information, call 751-7731.

RETIREMENT CEREMONY

The next Third Army/ARCENT retirement ceremony is scheduled for 2 p.m., Sept. 13 at Patton Hall.

SCHOOL VACCINATION RULES

A new South Carolina regulation requires all seventh graders to have booster shots for tetanus, diphtheria and whooping cough. All seventh graders need proof of the Tdap booster before beginning school this month.

FALL YOUTH SPORTS SIGN-UP

Parents can sign up their children for fall youth sports until Aug. 23. Parents must bring proof of a current physical and a copy of the child's birth certificate to sign up.

Sign-up is under way for flag football (ages 4-8); tackle football (ages 7-12); soccer (ages 3-14); cheerleading (ages 3-14); and cross country (ages 7-14). Volunteer coaches for the fall season are needed. For more information, call 751-7451/5040.

GIRL SCOUT MEETINGS

The Fort Jackson Girl Scouts meet regularly at 5957 Parker St. Girls of all school ages are welcome. For more information, call 708-9255 or email ft-jacksongs@outlook.com.

BOY SCOUT MEETINGS

The Fort Jackson Boy Scouts and Cub Scouts meet each week at various times. For information about the troop or pack, call 409-9568.

SPORTS BRIEFS

- Back to School 5K, 8 a.m., Saturday. Registration available on the day of the race from 6:30 to 7:30 a.m.
- Letters of intent for flag football are due Aug. 28. For active duty service members only.
- Letters of intent for sand volleyball

are due Aug. 28. The league is open to recreational and active-duty teams. For military ID card holders only.

■ Labor Day 5K, 8 a.m., Aug. 31. Register by calling the Sports Office. Registration is also available on the day of the race from 6:30 to 7:30 a.m.

■ Brigade games for active duty teams in flag football, softball and cross country will be held this fall. Captains' meetings are scheduled for Sept. 19.

■ Triathlon, Sept. 21. For active duty service members only. Names are due to the Sports Office by Sept. 19.

For more information, call the Sports Office at 751-3096.

THRIFT SHOP NEWS

The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

AA MEETINGS

Alcoholics Anonymous meetings take place at 9 a.m., Mondays, Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Send your announcements to fjleader@gmail.com. Announcements are due one week before the publication date. For more information, call 751-7045.

Housing happenings

ROAD CLOSURES

Residents are advised that parts of Chesnut Road from Thomas Court to Hartsville Guard Road may be closed Wednesdays and Thursdays from 10 a.m. to noon because of Family Day and graduation traffic.

MAYORS NEEDED

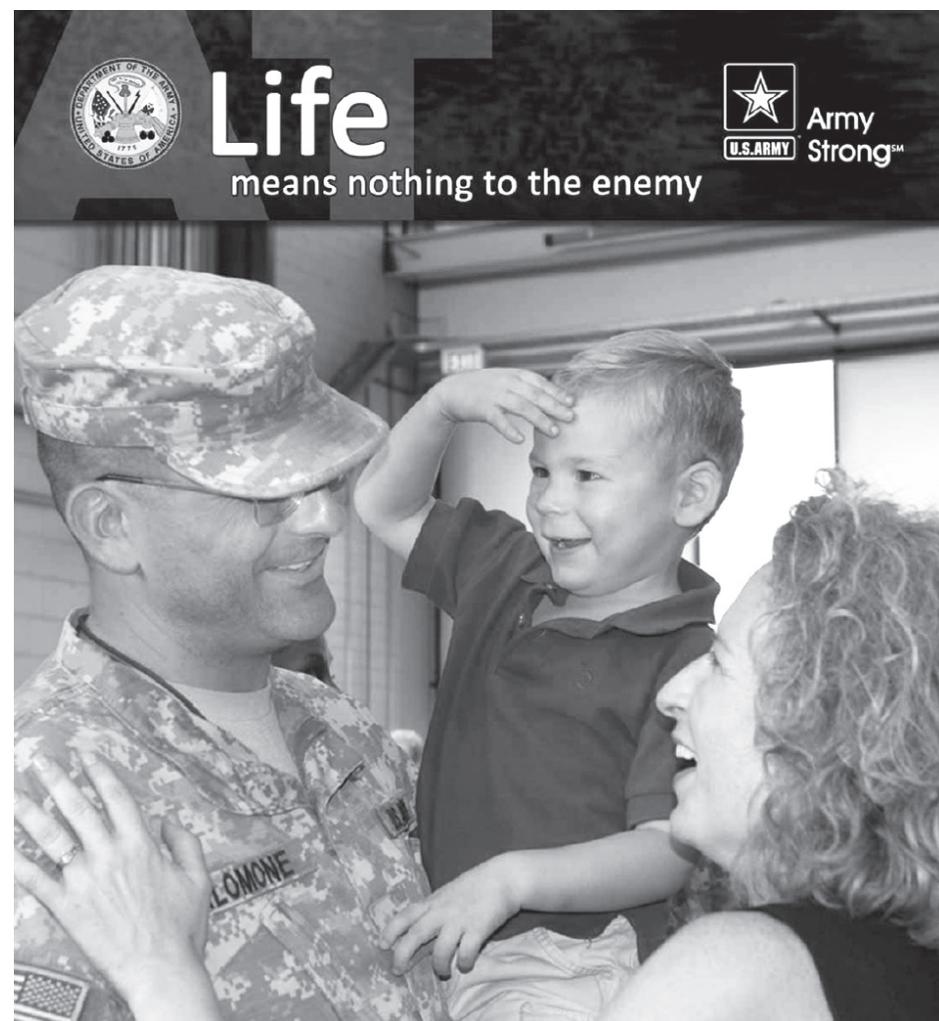
The Mayoral Council is looking for volunteers to serve as mayors in Pierce Terrace 5, Pierce Terrace 6 and Howie Village. Child care is provided while performing mayoral duties. Interested residents should call Vicki Greer at 751-7567.

SWIMMING POOLS

Small wading pools up to 6 feet in diameter and 1 foot in depth are permitted in backyards only. When wading pools are not in use, they must be emptied and properly stored. For more information, call 738-8275.

NEIGHBORHOOD HUDDLE

Balfour Beatty Communities has scheduled a neighborhood huddle for residents of Pierce Terrace 5 and Pierce Terrace 7 from noon to 1 p.m., Aug. 22 at the pavilion on Carter Road. Lunch will be provided.



Protect Your Family. Report Suspicious Activity.

The Army community is a target for terrorism. Specific targets have included Army installations and facilities. Restaurants, retail stores, schools, and playgrounds are also at risk. We don't know where or when terrorists might strike. Therefore we must *make vigilance our focus*. Make it your focus. Be aware of your surroundings both on and off post and report suspicious activity whenever you see it. Do that and you help make the Army community

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Darrell Vangorkum
Company B
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pvt. Dominic Pnacek

HIGH BRM

Pvt. Jacob Donley

HIGH APFT SCORE

Pfc. Henry Oji



Staff Sgt. Marvin Terlaje
Company C
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pfc. Jessie Yates

HIGH BRM

Pvt. Bobby Boyd

HIGH APFT SCORE

Spc. Michelle Bolton



Staff Sgt. Justen McKay
Company D
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE OF THE CYCLE

Pfc. Aaron Rabin

HIGH BRM

Pvt. Michael Benson

HIGH APFT SCORE

Pfc. Aaron Rabin

DISTINGUISHED HONOR GRADUATE OF THE CYCLE

Pfc. Jessie Yates

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT

Master Sgt. Keitha Orth
Sgt. Paula Tenorio

FAMILY SUPPORT

Malia Tuionetoa
Amy Lewis
Martha Frantz

SERVICE SUPPORT

Natasha Watson
Gail Ravenel

DFAC SUPPORT

Annalesa Parker

TRAINING SUPPORT

Staff Sgt. Dale Frantz

Weekly honors



WILLIAMS

Spc.
T'Shane Williams
Soldier of the week
Third Army/ARCENT

FEELING SOCIAL?

Follow us on Twitter
at www.twitter.com/fortjacksonpao.

For more photos, visit
www.flickr.com/fortjacksonpao

Like us on Facebook.
Log on to your account
and search for
"FORT JACKSON
LEADER."

Leader deadlines

Article submissions are due two weeks before publication.

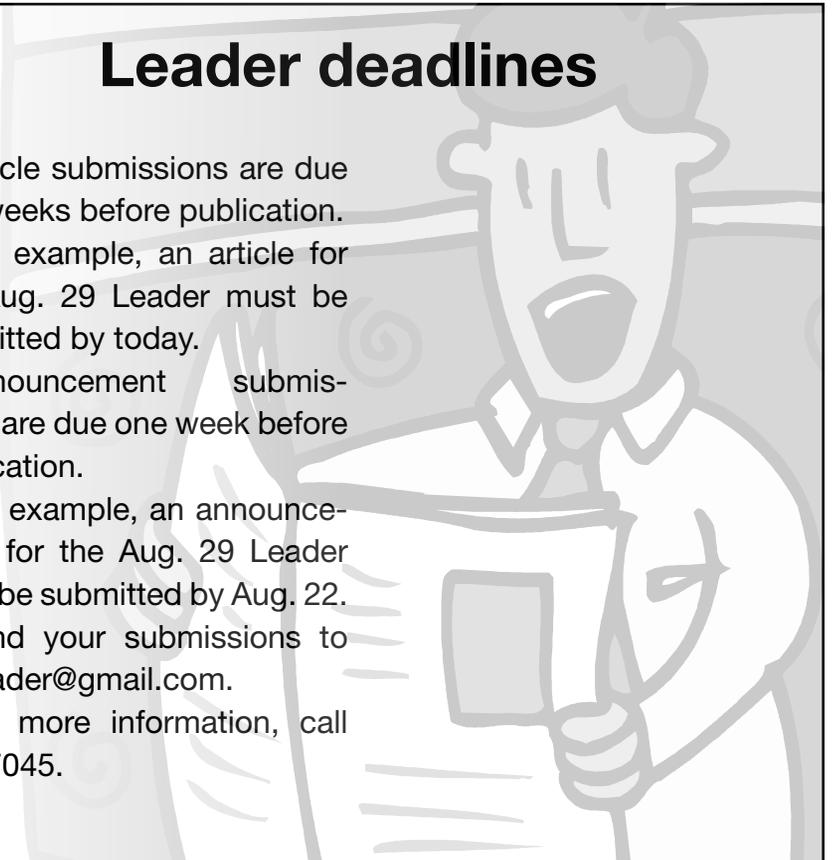
For example, an article for the Aug. 29 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Aug. 29 Leader must be submitted by Aug. 22.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Basic Combat Training Museum	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 p.m.
Bowling, Century Lanes	751-6138	Monday, 5:30 to 9:30 p.m.; Tuesday, 9 a.m. to 9:30 p.m.; Wednesday, 8:45 a.m. to 8:30 p.m.; Thursday, Friday, 11 a.m. to 9:30 p.m.; Saturday, 9 a.m. to 10 p.m.; Sunday, 1 to 8 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Wednesday, 11 a.m. to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, noon to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Family Life Resiliency Center	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Tuesday, Wednesday, Friday, 9 a.m. to 6 p.m.; Thursday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Lunch: Monday-Friday, 11 a.m. to 1:30 p.m.
Officers' Club	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
Palmetto Falls Water Park	751-3475	Tuesday-Saturday and holidays, 11 a.m. to 7 p.m.; Sunday, 1 to 7 p.m.
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
Pool, Legion	751-4987	Monday, Wednesday, Thursday, Friday, Saturday, 11 a.m. to 6 p.m.; Sunday 1 to 6 p.m.; closed Tuesdays
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Gate 1 Express	782-2076	Monday-Friday, 6:30 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Gate 2 Express	790-4478	Monday-Friday, 5 a.m. to 10 p.m.; Saturday, 5 a.m. to 11 p.m.; Sunday, 7 a.m. to 9 p.m.
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
Weapons Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.

Anything we missed? E-mail us at fjleader@gmail.com.